

## Restaurant Consultant to Guide *The Priors* Restaurant

A fine restaurant doesn't just "happen" — it is the result of careful planning and skilled know how.

Gerald J. Gliber, in his capacity as restaurant consultant to New Community, will add these necessary ingredients to the new Priors Restaurant in New Community's St. Joseph Plaza on West Market Street. The restaurant, located as it is, convenient to downtown Newark's corporate, medical, educational, and judicial facilities, expects to provide

Newarkers with a popular, medium priced, full service restaurant offering a unique and pleasant atmosphere.

Mr. Gliber's expertise in restaurant management covers the spectrum from finances to gourmet food.

He recently met with representatives of the New Community finance, management, maintenance, and food service departments to discuss the economics and multifaceted implications and needs of the new restaurant. It is the first profit-

making venture attempted by the corporation, and will have a completely different overview from the previous non-profit ventures.

Gliber is helping the group structure the total operation so that NCC can design the restaurant facility properly.

Mr. Gliber will also be serving as a consultant for Babyland and the NCC Extended Care Facility which is under construction.

He stressed the fact that his aim in providing for both Babyland and the nursing home, would be to give the highest standard of food to those they serve, cutting back on waste and putting full dollar into the food quality itself, surpassing what the government feels is minimally acceptable. "Tragically, in many nursing homes this minimum is met only on paper," he related sadly. "We will meet that minimum and want to go higher. By tightening the belt on both management and excess production costs, we can provide more quality control, better food and higher standards," he explained. "We can make better use of the funds provided and not fall into that classic pattern of waste in these kinds of programs. We want to shoot far beyond what the government says is acceptable."

Concentrating on the nursing home, Mr. Gliber began explaining his plans for the kitchen there. Along with Sr. Pat Finnerty, the recently hired nutritionist, he will be designing that vitally important facility. "We would like that to be to the nursing home world what Babyland was to children's nurseries. We want the food to be a model. We'd like to show

that nutritious food can be exciting, and delicious, **and** healthy. The plan of a nutritionist in an office, by the time it reaches the table or bed in a nursing home, does **not** have to be pure fantasy, it can be carried out." (The broccoli need not be limp, for instance.) "We will provide the full extent of what the nutritionist wants, not just on paper but in reality of what's delivered. The food preparation equipment will be designed to that end."

He talked of not only making the NCC Extended Care Facility state of the art, but of trying to make it what other facilities want to copy.

Pointing out the lack of motivation in most institutional kitchens, the consultant felt that these kitchens, with his help, could be a training ground for the goal of working in the planned first class restaurant. "We're going to bring, ultimately over the years, the best people to our institutions, and into our restaurant," he told me seriously, "which means that there is a growth potential. Anyone who comes to work at the nursing home or at Babyland III as a dishwasher has the possibility of being a chef, someday, at New Community. In that training process there is an invaluable opportunity for career change. People showing the potential on the job in the institutions will be able to move on. They will have a motivation beyond that of the paycheck and retirement, which is what the motivation is now."

He sees the food service program and the restaurant as a way of taking people in the community, train-

*Continued on page 2*



Gerald J. Gliber, third from left, looks over restaurant blue-prints with New Community and Babyland representatives.

## Dietician Joins Babyland and New Community

The smiling new face seen around Babyland kitchens these days, belongs to Sister Pat Finnerty of the Sisters of St. Joseph of Chestnut Hill.

Sister will be attending to the dietary and nutritional aspects of Babyland Nursery and New Community Corporation, as well as helping Mr. Gerald Gliber, NCC's new consultant, set up the kitchen in the NCC Extended Care Facility.

Sister Pat will be putting to use a B.S. degree in elementary education from Chestnut Hill College in Chestnut Hill, Pennsylvania, and her B.S. degree in foods and nutrition from the College of St. Elizabeth in Convent Station, New Jersey. Her internship program was fulfilled at J.F.K. Medical Center in Edison, New Jersey and she also worked as a dietician there. She later served as director of food services at St. Joseph Villa in Flawertown, Pennsylvania, which is the home for retired sisters

of her order.

Sister Pat is excited about being surrounded by the little children coming and going at Babyland, and sees the New Community Network, encompassing as it does both the very young and the very old, as quite a challenge.

One of the first things on her agenda will be to try to organize the Babyland kitchens in such a way that anyone going in there will be able to use it without a problem.

Increased efficiency will be obtained by the use of inventories and check lists as well as quantity recipes which will aid in menu planning and purchasing of supplies. The Babyland kitchens, located at this time in both Babyland III and Babyland II in St. Rose of Lima School on Orange Street, provide over 1100 meals a day for over 700 individuals, thus, managing these two kitchens is no easy task.

*Continued on page 3*

## Credit Union Ahead of Schedule

Thanks to the overwhelming response to the NCC Credit Union Poll Survey by all approached, we have accomplished in a short 3 months what we expected would take almost a full year. We are well over the 800 mark.

This moves us rapidly to the next step, which is our Charter meeting. We are happy to announce that by the time you read this newspaper the meeting will have been held and the Charter is expected to be in hand by late October.

Our goal now is to reach 1500 members in order to offer more services to our investors.

There is also a need for support from non-member depositors (those

who do **not** live or work in the geographically constrained area served). Non-member depositors can be individual or corporate depositors whose money will not draw commercially advantageous rates but will still be of huge benefit to the Credit Union and the community.

We expect to be open for business well within the sixty days allowed after the Charter meeting.

Please contact Marie C. Damestoir for more information.

Address:  
New Community Credit Union  
755 So. Orange Ave.  
Newark, N.J. 07106  
(201) 399-3400



## Restaurant Consultant...

(continued from page 1)

ing them, and sending them out into the world as fully qualified cooks, able to earn a good living. "We don't want them to stay in New Community forever."

The restaurant in this way, becomes a double benefit to the community, serving not only as a fine meeting and eating place, but as a mechanism for new career opportunities as well.

Mr. Gliber says he has been impressed with the people he has met so far, and realizes many of them could make a lot more money in the business community, but there's something else keeping them here, and that's attractive to him. "Personally, I get a good feeling working here," he told me. "I'm one of those 1960's personalities that came up and actually believe there's something to be done beyond just making money." Many of the suppliers he has spoken to have had a positive attitude about our work as well, and with such positive feedback from so many it would seem our new restaurant venture is in good hands. (See related article.)

## Restaurant Survey Being Distributed

In order to learn the gastronomic tastes of people for the new Priory restaurant at St. Joseph Plaza, letters accompanied by questionnaires are being distributed.

Help is needed in determining the menu desires of the community-at-large since people have many food preferences.

We are trying to make the restaurant a vital and exciting new asset to the area, by trying to satisfy the eating preferences of those who will possibly be our customers.

Your help in filling out and returning the questionnaire as indicated when received will be greatly appreciated.



*"Life only demands from your the strength you possess. Only one feat is possible — not to have run away."*

—Dag Hammarskjöld

## THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

PUBLISHER: New Community Corporation  
EDITOR: Patricia A. Foley

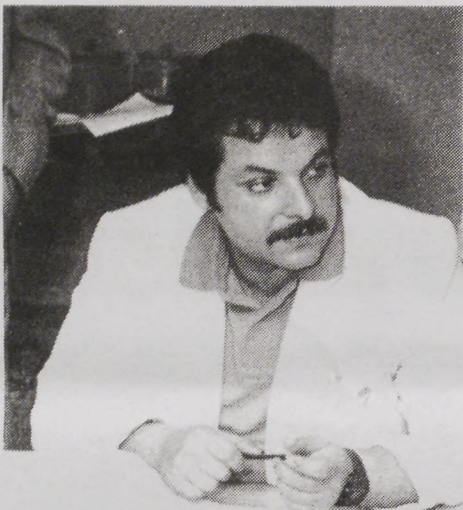
Send to: The Clarion  
c/o New Community Corporation  
755 South Orange Avenue  
Newark, New Jersey 07106  
(201) 399-3400  
Circulation: 5,000

# Gerald J. Gliber — Man of Many Talents

## Chef, Writer, Financier, Teacher...

Gerald J. Gliber, did not start out to be a chef. His entrance into the culinary field was actually quite accidental.

While on vacation in France from a Wall Street job, he stumbled onto



Gerald J. Gliber

a beautiful little country inn just outside Paris. The food was excellent. Unknown to Gerald, it was run by a world class, three star chef. Since Gliber has never required much sleep, and rises early, he was frequently sitting in the garden when the chef arrived. The chef invited Gerald to join him in the kitchen. A friendship developed, and a new calling opened its doors.

Having begun his sojourn in the kitchen as something that would help him personally to know how to cook, he became fascinated with the world of cooking, as he learned that

"mayonnaise didn't come in little jars labeled Hellmann's but was something that was made out of eggs and oil."

Since he was not being paid, the chef paced Gerald rather rapidly showing him one thing after another, having assured him that he could never become a chef, since they started their training at age fourteen. However after about a year (Gliber resigned his Wall Street job), his chef friend changed his mind, finding that Gliber had much talent, and sent him on to friendly major chefs in restaurants all over France. He then apprenticed in Italy, Switzerland and Holland until five years later he found himself a fullfledged chef.

Succumbing to homesickness, Gliber returned to the United States to work at the old Commodore Hotel. As opportunities presented themselves he became an executive chef for many restaurants, including among them The Dunes, The Sands, Charron House and the Tack Room, and owner of others. His career took him to California where he was running LaCosta, which had 11 kitchens, at which point one of the guests offered to move him back to New York, since he had two restaurants in New York City and was building a new one which he couldn't control, and with which he needed help. It was then Mr. Gliber discovered that there was something new happening in the restaurant business, and that was restaurant consulting. In the last 5

years he has been consultant for about 80 restaurants. This now occupies him full time.

His degree as an English major, his work in Tokyo with a bank there and his financial background on Wall Street all seemed to come together into a field that is relatively new, and he was delighted, as he could bring a lot more to the field than most.

He also has his own computer company and deals extensively with computerization in his consulting work.

Since he had also taught poetry, and enjoyed teaching, he decided to teach restaurant management at NYU and cooking at the New York Restaurant School while he changed careers. That is where he later met four New Community employees, and at their graduation banquet, New Community board members, who told him of the work going on in Newark.

When they told him of their plans for a new restaurant and what it could do for the community, Gerald enthusiastically agreed to join in as our consultant.

In 1983 he was listed in Who's Who in the East for his outstanding achievement in a field which contributes significantly to the betterment of society.

Gerald is married and his wife Becky will be helping with the "front of the house," as she trains waiters, waitresses and those greeting the public.

## Need Financial Counseling?

### Your Community Credit Union Can Help

Your Community Credit Union understands why people do things that lead them to financial problems. As a CCU we provide personal service to help our members make practical, realistic plans to solve their financial problems.

Many people have failed to face reality regarding income and spending habits. They buy impulsively because they have no spending plan, keep no records, or just want to "keep up with the Joneses." Another financial entanglement is the unwise use of credit cards, leading to impulse buying, the overextension of one's ability to repay, and the purchasing of more expensive goods than one can really afford. Frequently, these habits lead to financial worries which causes unnecessary anxieties. In order to cure some of your financial ills preparation of a budget is very important.

A budget is a device that helps you to control your spendings. It's also a guide to help you to use your available income more effectively. To be workable, a budget should be a written plan tailored to meet your goals.

Here are 5 easy steps to follow in preparing a budget:

1. Determine your income per month. Income is your take home



Marie C. Damestoir

pay from your regular job, social security, welfare or unemployment checks.

2. Estimate how much money you need each month for your basic living expenses; such as rent, food, utilities and phone. This should be a realistic estimate and include all necessary expenses.
3. List the goods and services needed or wanted during the budget period in the order of importance.
4. Estimate the cost of the goods and services.

5. Compare your income with expenses and make necessary adjustments.

An emergency fund is an important part of a budget since it is almost impossible to estimate all future expenses, such as doctor bills or car repairs. By putting money into an emergency account each payday, a reserve will be established to meet unexpected bills.

After the spending plan has been made, it should not be put aside and forgotten. To serve its purpose, the budget must be used.

The budget can be more effective if you are guided by the following steps:

1. Keep a record of the expenses paid.
2. Compare expenses with the budget periodically.
3. Make adjustments when actual expenses and income differ materially from the estimated amount.

A budget or spending plan will not cure all of your financial ills, but if you plan your expenses carefully you will have less financial problems than someone who has no spending plan.

For more information contact Marie C. Damestoir at 399-3400.



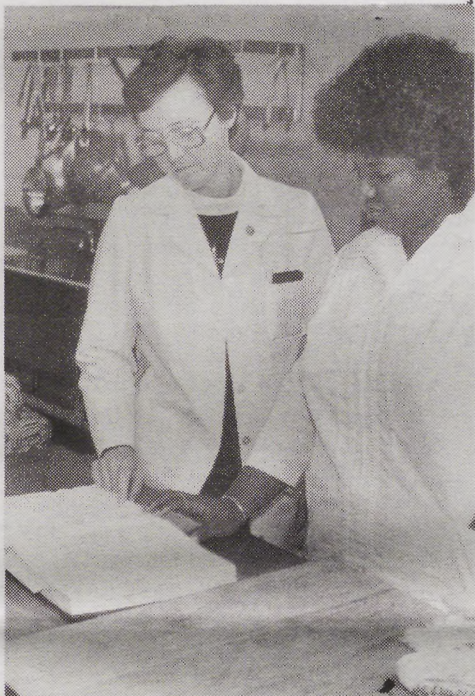
## Dietician Joins Babyland...

(continued from page 1)

Menus must be approved by the Bureau of Child Nutrition Programs within the Department of Education in Trenton. The elderly members of the NCC Social Services Congregate Services program also have special dietary needs. (See Clarion of December, 1983.)

Overseeing both the Babyland kitchens and the NCC Extended Care Facility kitchen, sister will be able to coordinate the planning to provide the best possible service and nutritional benefits for all under her care.

Food service to Sister is "an exciting kind of thing" since procedures are changing all the time. There are new ways of preparing things and doing things. Since much of the



Sister Pat Finnerty  
and Rosemary Chaneyfield

Babyland and New Community work is funded there will be also be a great deal of paperwork involved, as far as creditable and non-creditable items on menus etc. This presents a challenge and an interest to Sister which she spoke about undauntedly

way to a new liberalized dietary approach.

"It's neat to see that patients who come in are really sick, but you help them," she said with dedication. "You help them and that makes you feel good."

Another asset Sister brings with her is an ability to offer employees a Food Service Supervisor course in conjunction with Immaculata College. The course can be taken by correspondence but needs a dietician as a preceptor (teacher). The students do all the work, but under the guidance of the dietician, who meets with them once a week. They can thus gain certification as a food service supervisor and can supervise a kitchen under the direction of a dietician. A course such as this would increase employment status. All participants must already be working in a food service position. Upon certification they would also attend continuing education workshops in the field to keep up with the new trends in food and the new trends in diets to aid their supervisory work.

Parent meetings held by Babyland will also provide her with an opportunity to spread the word about good nutrition and how to accomplish it in your own kitchen despite the busy working world we live in today.

The whole concept of the New Community Network has Sister's mind going at top speed as she thinks of all the possibilities for dietary and nutritional benefit which she would like to provide, and she is pleased to be able to have a part in Newark's future. as her mind quickly reviewed the task.

Since she has dealt extensively with special diets, it pleases her to see the sick people she has worked with gain strength and renewed health as a result of her efforts. She is also fascinated by the new dietary approaches to old medical problems as medicine takes new roads to health. An example she gave of this was the former "sippy" diet of cream and milk for an ulcer, which has now given

## New Community Federal Credit Union Charter Meeting Held

On September 27, 1984 another important event showing progress was entered into the historical record of New Community Corporation. On this day, New Community Corporation and tenants from various buildings and the community, with the professional help of Marie C. Damestoir, NC Credit Union Manager, Annie Vamper from the National Federation of Community Development Credit Unions and Tom O'Shea from the New Jersey Credit Union League, organized a federal credit union.

The name selected by majority vote from the names that were submitted was NEW COMMUNITY FEDERAL CREDIT UNION. The charter for this name was applied for immediately and is expected to be in hand by late October. Persons whose names had been submitted to serve on the Board of Directors and the various committees were put into office by a majority vote. They are:

### BOARD OF DIRECTORS

Roberta Singletary, President  
Ralph Simpson, Vice President

Matthew Reilly, Treasurer  
Alma Hanks, Secretary  
Rev. William Linder, Director  
Arthur Wilson, Director  
Mary Smith, Director  
**CREDIT COMMITTEE**  
Tyrone Miller  
Richard Rohrman  
Soledad Alston  
Robert Anabui  
Madge Wilson  
Charman Harvey  
Donovan Evans  
**SUPERVISORY COMMITTEE**  
Carol Smith  
Richard Barfield  
Newton Richards

A Credit Union is really a group of people pooling their money to help themselves. Members are owners. A Credit Union can be as small as a group or as large as a community or state. There is unlimited potential for growth. Watch the Clarion for more indepth Credit Union news. This is the start of something good.

Alma Hanks  
Secretary



Credit Committee of New Community Federal Credit Union: Robert Anabui, Soledad Alston, Donovan Evans, Charman Harvey, Richard Rohrman, Madge Wilson (not shown Tyrone Miller).



## NOTICE University Heights Hearing

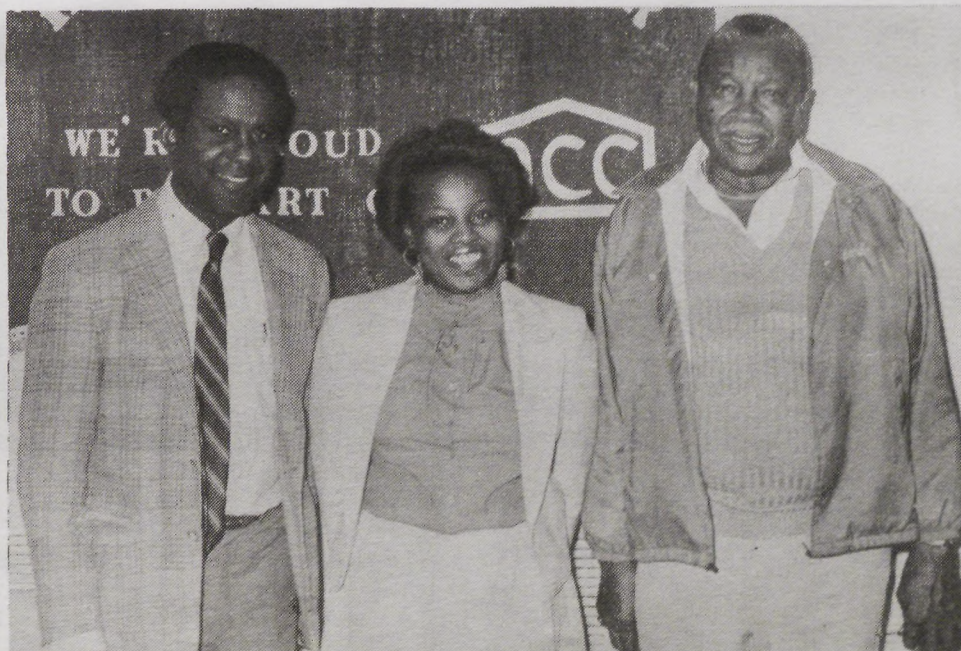
Wednesday, October 10, 1984  
7:00 p.m.

Essex County College  
Mary Burch Auditorium

Are You Motivated? Are You Looking For A Position  
With Upward Mobility?

The Priory restaurant, to be located at St. Joseph's Plaza, 233 West Market St., is looking for highly motivated, skilled and unskilled individuals for positions as waitresses, cashiers, bakers, waiters, cooks, bus-persons, bartenders, dishwashers, stewards, meat-cutters, and stock-persons.

The Priory, which is scheduled to open November 15th, 1984, will provide on the job training, and all positions have excellent growth potential. If you are interested in a job with upward mobility, please contact Patrick Richards at 485-6246 for an interview.



Supervisory Committee of New Community Federal Credit Union: Newton Richards, Carol Smith, and Richard Barfield.



# Social Violence Workshops In Progress

Approximately twenty-five directors of various social services agencies attended a session entitled Perspectives on Family Violence and Alcohol, conducted by Doctors Lynn Reynolds and Gerald Shattuck from The Institute Against Social Violence, on Thursday, September 13th, at New Community Associates.

The session viewed family violence as a social, psychological and behavioral problem, looked at its relationship to alcohol abuse, and reviewed implications for treatment.

Dr. Shattuck's introduction included an explanation of family violence as a reflection of the pervading spirit of violence in our society. He urged all of us to develop a sense of personal responsibility that would encourage us to intervene when we see violence in action. If we fail to intervene, he maintains, there is no hope for us.

The directors of the workshop noted that a certain degree of stress in our daily lives is necessary; but they see alcohol as an escape used when people become distressed. How each of us deals with stress determines what kind of a society we are. While some respond by drinking, others react through the use of violence.

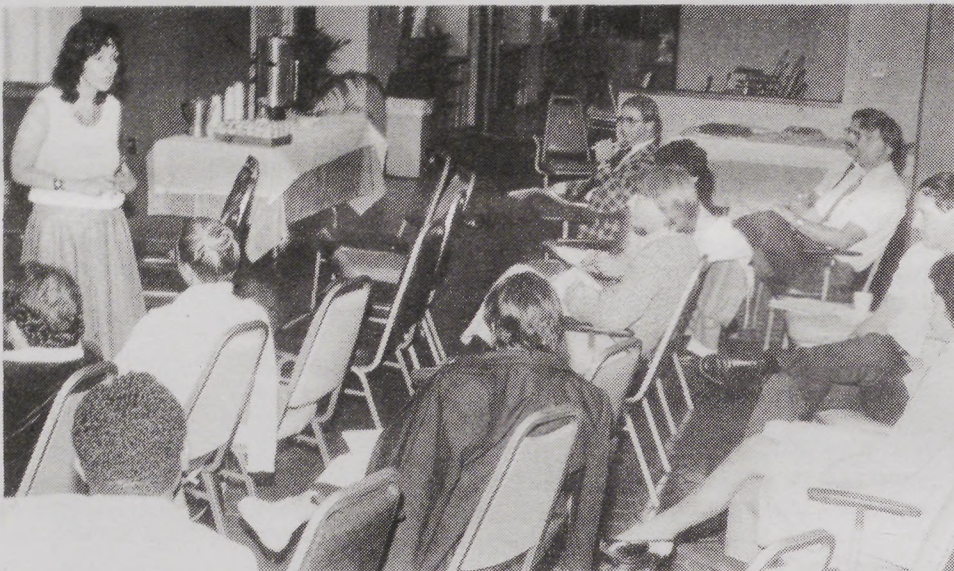
For example, in 1984 there were 24,773 reported cases of domestic violence in New Jersey alone. Women were victims 85% of the time. To change this tragic situation, abused women need to escape from their sense of "learned helplessness," while the abuser needs to find alternate ways to communicate and release frustration.

Some similarities were cited between families of alcoholics and families of violence, including a tendency of intermarriage. Both families cut through all social class boundaries and commonly deny their situations or exhibit anger and

resentment if a problem is implied.

The relationship between alcohol and violence has not been fully established by the researchers and some contradictory statistics were discussed. Doctors Reynolds and Shattuck helped us to come somewhat closer to a clearer understanding of that relationship.

"Counseling the Adolescent Sex Offender" offered on September 14th gave 1) a profile of the offender and the offense 2) criteria for early in-



Dr. Lynn Reynolds lectures on the adolescent sex offender during a workshop given by the Institute Against Social Violence.

tervention and 3) discussed the role of alcohol and substance abuse. It also covered the family interview, disposition assessment, the treatment program and recidivism.

On the agenda for October 3rd and 4th respectively are the two final workshops of the four part series: "Hidden Victims of Violence" and "Family Violence and Chemical Dependency." The former will include profiles of the 'battered' husband, victims of non-stranger rape, children of abusive/alcoholic homes

and other related topics. The latter will discuss the dynamics of the abusive family, impact of alcohol and substance abuse and the profile of the female alcoholic. It will also cover the physiological, psychological and cultural basis of the stress syndrome and techniques of anger and stress management.

The workshops are designed for all whose services bring them in contact with victims of social violence, such as social and protective services pro-

New York State Division for Youth with Court related adolescents and their families. She has presented workshops on a national basis, and will address the International Police Chiefs' Association in the Fall. She just published, "Rape: A Social Perspective," and has appeared on Channel 9's **Straight Talk**.

**Gerald Shattuck, Ph.D.**, conducts research on stress disorder. He served as Director of Fordham University's Institute for Social Research and is completing his term there as Chairman of the Department of Sociology and Anthropology. He is currently working with The Police Department of the City of New York on training related to family violence.

**Location:** The workshops will be held at the Senior Citizen Residence of New Community Corporation, in the first floor conference center. The address is 180 South Orange Avenue, Newark, New Jersey.

From **Garden State Parkway**, exit at South Orange Avenue and proceed EAST to No. 180. From **New Jersey Turnpike**, exit at 15 W, and proceed WEST on Route 280 to Clifton Avenue. Exit there, and go left on Clifton Avenue to South Orange Avenue. Turn right onto South Orange Avenue to No. 180. Parking is available there.

**Tax Deductible:** You may receive a tax deduction for all expenses of continuing education including registration fees, travel, meals, and lodging, which are undertaken to maintain and improve professional skills. (Treasury Regulation 1b2-5, Coughlin vs. Commissioner 203 F.2d 307).

**For Further Information:** Call Gerald Shattuck at Fordham (212) 579-2202, or evenings, (212) 871-2884. The Institute Against Social Violence has as its address, P.O. Box 880, Briarcliff Manor, New York 10510.

**Note:** State and agency vouchers accepted as well as checks/money orders.

## Inventory Specialist Added

BENJAMIN PO, a Filipino immigrant to the United States recently joined New Community Corporation to take charge of inventory and stock control. "Benjie," as he is known in the Central Maintenance Department has within his first month of employment speedily rearranged the stockroom of Central Maintenance, thus providing faster service and delivery of requisitioned items to the different NCC projects and sites. He believes that the present plan of NCC to computerize the system will definitely generate savings and be of great benefit to the interests of New Community and its clientele.

Benjie is now in the process of conducting an inventory of all stock in the Maintenance Shop and in coordination with the Purchasing Agent, making price analyses of NCC supplies. He is also studying ways to improve the system of stocking and dispersal of requisitioned items to the different projects. With his experience and thorough knowledge in inventory control, he hopes to prevent unnecessary expenditures in

the procurement of materials for NCC.

Benjie, prior to his joining NCC in August, was employed as Inventory Control Manager in CILMAN Auto Parts, Inc. in Hillside NJ. Before coming to the U.S. in 1983, he was previously employed as Inventory Manager in two Philippine Corporations.

He graduated from the University of the East in the Philippines with a B.S. in Accounting and became a Certified Public Accountant in 1966.

Benjie's spirit of cooperation is made manifest, too, by his past civic activities in the Philippines. He was past President of the Kiwanis Club of Pasay City in the Philippines in 1981-82 and had occupied the prestigious position of District Treasurer of Kiwanis International, Philippine Luzon District.

When asked about his work attitude, Benjie quickly replied "I believe that I could better myself through the work that I do. I believe in the sanctity of work, so with perseverance and love of my work, I could help others through the fruits of my labor."

viders, law enforcement persons etc.

**All participants** will receive a Certificate of Completion of six hours for each workshop attended.

**Schedule:** Registration for each day will be held at 9-9:30 a.m. The workshops will be presented between 9:30 a.m. and 4:30 p.m. Coffee service and luncheon will be provided each day.

**Tuition:** Tuition for each workshop (including luncheon and coffee service) is \$45. STATE AND AGENCY VOUCHERS ACCEPTED. Early registration is recommended due to space limitations.

**Faculty:**

Lynn Reynolds, Ph.D., worked for

## Employment Center Update

The New Community Employment Center staff members are really pleased at the warm reception they have received for the non-profit employment agency. Operating on a no-fee basis, as of late September three and four people are being placed in steady jobs every week — a rate they had not expected to reach until November or December.

The staff has interviewed as many as ten people in one day. If they reduce the number of days they interview people, they will be able to spend more time finding jobs for people they have already interviewed. That is why the interviewing time has been changed to Tuesday, Thursday and Friday afternoons from 1 to 2 p.m. An Hispanic Counselor, Gloria Pollack, is available on Tuesdays.

Come in for an interview to NC Douglas Homes, 15 Hill Street, Newark, just across Broad Street from City Hall. No appointment is needed.

*"The world is before you, and you need not take it or leave it as it was when you came in."*

—James Baldwin



give the  
**UNITED WAY**  
it helps everyone



## The Anti-Crime Corner

### Crime Prevention and You



Georgia Ransome

Am I my brother's keeper? Yes you are, and you should be because if your neighbor is a victim, the potential for you is the same. Just as you take a position in politics or religion, you must take a stand in your community. You have to say, this is where I live and raise my children, and I will not allow certain things to happen here. It is only with this thought you can feel comfortable about your children playing outside, or going away on vacation, or working late evenings. You have to know if your neighbors see a stranger by your child, that they are going to at least observe the circumstances and say, "Maybe I should call someone. That doesn't look right!" It is only in caring for our neighbors as ourselves that we can effect changes in our community.

That old 'Mind My Business' cliché

Anything that happens in your neighborhood that affects the well-being of the overall population is

your business. Drug dealers in your community are your business, and, if you think not, see if they will mind their business and not sell drugs to your children. People tend to get away with what they can. If they stand to get caught, they usually go someplace else. Remember — drug dealers and users are potential disasters in a community because they affect so many other people. The sale of drugs brings strangers into the community to purchase them. If they have an opportunity to help themselves to something that will assist in their next purchase, they will. They are minding and taking care of their business. Why should it be easier for them to take it from you than it is for you acquire it? You don't have to be a hero! Just show concern. Talk to your neighbor. Make a habit of being able to recognize the people who live around you. If you don't care, they will care less and you pay more.

### McGruff's HALLOWEEN SAFETY QUIZ

Halloween is a time for ghosts and goblins and fun with your friends, right? That's right. Almost everybody is nice, but sometimes a few people play mean tricks on kids at Halloween — like putting dangerous things in their candy and treats. Take a tip from me, McGruff the Crime Ghost...er, Dog.

Play it safe this Halloween. Follow my advice in the quiz below.

Place a check beside the answer you feel is best.

1. Someone gives you candy that is not wrapped and sealed by the candy company. You should:

- ☐ A. Eat it anyway.
- ☐ B. Save it for a rainy day.
- ☐ C. Throw it away.
- ☐ D. Give it to your dog.

2. One of the treats you were given has something "suspicious" sticking out of it. Your mom should:

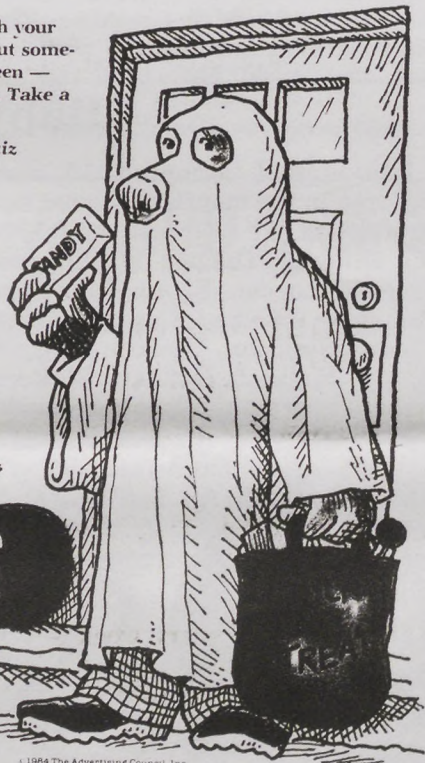
- ☐ A. Bite into it to see what it is.
- ☐ B. Call the police.
- ☐ C. Put it in the refrigerator.
- ☐ D. Scream.

3. The safest way to go trick-or-treating is:

- ☐ A. Alone.
- ☐ B. Late at night.
- ☐ C. On roller skates.
- ☐ D. With an adult you trust.

4. The best place to go trick-or-treating is:

- ☐ A. Across town.
- ☐ B. In a neighborhood you know.
- ☐ C. Where the most houses are.
- ☐ D. Where there's a pumpkin in the window.



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ANSWERS:

TAKE A BITE OUT OF

CRIME

## Crime Conference Planned

### Anti-Crime Committee Meeting Planned

The Neighborhood Anti-Crime Committee will be holding its first Crime Conference October 15, 1984 at 200 So. Orange Ave. from 1:00 -4:00 p.m.

The Agenda will include the result of the crime survey done during the months of July and August. The Crime Committee has planned their first fund raiser to purchase a telephone for the crime center which will be located at 5 Somerset St. There will be a hotline established using senior volunteers to answer the telephone when there is a crime or suspicious happening in progress. We expect to have a call forwarding

procedure so that evening calls will be forwarded to the NCC Security base station. The Crime Conference will be the kick-off to address many concerns that people have in terms of crime.

### Fund Raiser Planned

The fund raiser planned is a Bus Ride to Atlantic City on October 19th, leaving 51 Somerset Street at 6:00 p.m. We will appreciate all the support we can get. We will also need as many volunteers as possible to help with the hotline, and to forward all crime complaints for follow-ups.

Come to the meeting!

Georgia Ransome

## —St. Rose of Lima School—

This school year, parents will be happy to know that the term NON-PARTICIPATING has become non-existent at St. Rose's. For some time now parents have had the choice of enrolling their children into St. Rose of Lima School as a participating family or as a Non-Participating family. Some of those who chose to be the latter felt that the term had become out-dated and denoted negative connotations. It was their argument that when the term "NON" applied to their status, one would readily concur that it applied as well, to their concern about their children and their interest in the school.

It is for the above reason that the term NON-PARTICIPATING has been changed to LIMITED-PARTICIPATING. This change more accurately defines their parental involvement. Modern demands, placed

on working parents, do not permit them to become actively involved in all fund-raising projects that are conducted for the benefit of the school — thus the term: "LIMITED," comes into being.

Limited-Participating parents are expected to fully participate in our annual Chinese Auction and raffle; they are welcome to participate in any of the school's other fund raising projects. In addition these parents must pay a higher premium on tuition because of their limited responsibilities. It should be mentioned, however, that even at this higher rate, the tuition they pay does not cover the total cost per pupil at St. Rose.

Parents who register as PARTICIPATING families are of course, expected to fully participate in all fundraisers including bingo.

## Computer Classes Continuing

Computer classes continue for seven New Community and Babyland employees. The two classes, beginning and advanced, meet weekly for several hours. The courses stress computer fundamentals using spreadsheet analysis.

Employees have the opportunity to learn a new skill while performing their job more effectively. Those participating are from the finance and management offices. The projects being done in class are having a direct

impact on their work. Students are finding that spreadsheet models are very useful for financial and managerial applications.

The classes give employees a chance to get familiar with the operation and usefulness of computers in the work place. The newly learned computer skills will be helpful as we get closer to implementing a larger scale computer system.

James Rohrman



Staff members Joan Grimsley, center, and Ethel McCollough, right, receive instructions from Jim Rohrman during computer classes.



## Babyland II

The children at Babyland II were visited by Newark Police Officer Mae Smith. They were excited to see her in uniform.

The children sat almost motionless as she slowly identified the parts of her uniform and the basic duties of a police officer. They seemed to understand that a police officer is a person who is very helpful by providing protection, as well as information. The highlight of her presentation was when each child proudly stuck out his/her chest to be "Pinned" with an official "McGruff BADGE." These badges are from the Newark Police Department and McGruff was easily recognized by the children from the TV publicity that states that he "Takes A Bite Out of Crime." Included in each child's packet was a "STOP Crime Whistle," a "Play it Safe Coloring Book," balloons with Newark Police Department on them and a handy "Take A Bite Out of Crime" litter bag.

The presentation was well received and our thanks to Officer Smith who made a positive and lasting impression on our 3 and 4 year old children.

The PRS parents were also the recipients of a NPD presentation. Detective Al Williams from the Crime Prevention Unit addressed the parent's group with a lecture, film and discussion about crime prevention, home, street and personal safety. He explained the most common misused and misunderstood concepts that inhibit safety and protection and provided what the parents called valued information that could serve as a basic guideline for everyday safety.

All of the parents were receptive and stimulated by the information and expressed desire to increase their knowledge. As a result they wish to learn basic self-defense maneuvers as a deterrent of crime.

Beverly Dunn  
Social Worker/Supervisor



Officer Mae Smith of Newark Police Department teaches children at Babyland II how to "play it safe," as part of crime reduction program.

## Sesame Street Fire Safety Festival Held

Recognizing the value of fire safety to the community, Mayor Kenneth A. Gibson of Newark signed a proclamation, which stated, "It is the intention of the Newark Fire Department, Sesame Street, Newark Fire Safety Task Force, and the City Administration, to educate and stimulate the interest of our children in the subject of fire prevention and fire safety. The Sesame Street Fire Safety Festival will be held on October 3, 1984 at 9:30 a.m. to 2:00 p.m. at the Public Service Electric and Gas Plaza in Newark. Director Caufield of the Newark Fire Department also stated, "I have witnessed the ravages of fire and its effects on human lives. In 1983 there were 35 fire related deaths and a significant amount were children. We must educate our children about fire safety because they are the most vulnerable," he continued emotionally.

The Fire Safety festival is a cumulative event to reinforce the fire safety activities presented in the ongoing Sesame Street Fire Safety Workshops. The festival will offer a hands on experience for children learning about fire safety.

During the festival, Children's Television Workshop will have a Sesame Street cast character available to sign autographs and

warn children of the dangers of fire.

Firefighters from the Newark Fire Department will be on hand to present simulation exercises, demonstrate their turn-out suits, and give a ladder demonstration. The children who participate in the fire safety events, will receive souvenirs from Sesame Street and the Fire Department. As part of the entertainment there will be muppet skits, clowns, music and a visit by Barker the fire dog.

The adult portion of the program will begin at 12:00 noon. Firefighters will supervise the use of fire extinguishers on pan fires and discuss fire prevention in the home. The Theatre of Universal Images will provide entertainment for the noon crowd.

Art Guidry, Director-Community Affairs for Children's Television Workshop emphasizes that last year over 40,000 children died in fires. "It's community forces such as the Newark Fire Department, the Newark Fire Safety Task Force and PSE&G that are to be commended in their efforts to try to save young lives by providing resources and expertise to impact this tragic problem.

For information, call 733-7424, Public Relations Officer Lonnie Tucker or Community Relations Ronald Ballew



Dr. Paul Kearney demonstrates proper procedures to third year nursing student Debie Speziale of Seton Hall University.



Barbara Caldwell, RN, Assistant Professor of Nursing specializing in parent child health, examines Tinesha London while instruction Seton Hall nursing students in physical assessment health screening.

## Babyland I

Babyland I accepted 15 new children in the month of August and September. We welcome the following children: Dabney Washington, Tineisha London, Ebony, Dikon and Brandon Vaughn, Cymone Gray, Ebony Simpson, Darren Harris, Kamal Welbeck, Tiffanie Walters, Nekera Sherman, A'lshaia Samuels,

Asia Thomas, Duane Thomas, Su-suanna Tackie, and Ima Igbinovia.

The first day the children cried but with the expertise of the Babyland I staff the children soon began to feel at home.

Assistant Supervisor  
Ms. Alice Wilson



Teacher Ruth Darlington and kindergarten class at Babyland III observe Nasir Turner as he waters plants during Nature Study time.



# Program to End Abuse in the County of Essex

## Suburban Center and Hotline Opened at Caldwell College

On Wednesday, September 5th, Babyland Nursery, Inc., expanded its services to victims of domestic violence, to better serve the suburban Essex County area. A HOTLINE and counseling service for women who feel they may be trapped in an abusive relationship, was opened at Caldwell College. The PEACE Center, as it will be called, is located in Mother Joseph Residence Hall on the college campus.

The Open House was attended by representatives of many social service agencies throughout Essex County and police officers from the various municipalities, as well as students at the college.

We were especially pleased to have with us Essex County Freeholder Tom Giblin, Joan Ayers from the Department of Human Services, and Barbara Burman representing the Division of Youth and Family Services.

PEACE stands for a Program to End Abuse in the County of Essex. It is a center, sponsored by Babyland Nursery, making counseling more convenient to those who don't require shelter. It is presently operating through volunteers. Mary Hayden is the Coordinator of Volunteer Services and Jeanne Gibbons is the Assistant Coordinator reporting to Sister Clare Elton of Babyland's Essex County Family Violence Shelter.

In the past year over 400 calls were received from women in suburban Essex County. Most preferred to remain at home but were seeking counseling for their problem. There is no socio-economic boundary when it comes to domestic violence. While there is no Shelter in the suburban area, police in various municipalities have agreed to gather statistics to determine whether there is merit for creation of another shelter in Essex County.

Presently, Babyland is renting two rooms at the college, and trained volunteers will provide counseling.

Sister Vivian Jennings, O.P., President of Caldwell College, feels the situation of domestic violence today is "alarming," and has given her support to the PEACE program. She "considers it a blessing" to have it on the Caldwell campus. Sister pointed out to those gathered at the opening that as an educational institution dedicated to women, she views the opening of the PEACE Center as a continuation of that dedication. Sister was especially pleased to know that of the 60 volunteers so far, 40 were students of Caldwell. "It is good to realize the women here have such feelings for need," she said sincerely. She felt that the center at Caldwell would be able to "reach women in need and refer them to sources of assistance."

Caldwell College has long been involved in community activities and its warm welcome to the Babyland Program to End Abuse in the County of Essex is yet another fine example of their concern for the needs of those around them.

"It is hoped that the existence of the center will encourage people to support it," said Sister Clare Elton. Volunteers at the center will be manning the HOTLINE, working on publicity and compiling a community resource list. Since it has a zero funding base, fundraising is also needed. If you can spare a few hours a week to support this center in any way with your talents, please call us.

If you know anyone that can be helped by this service please pass on our phone number.

Our phone lines are open 24 hours a day. Call 226-6166.

Promote PEACE wherever you can!



Sister Clare Elton, Madge Wilson, President of Babyland Board of Trustees and Tom Giblin, Essex County Freeholder, at opening of Program to End Abuse in the County of Essex.



Mary Hayden, Coordinator of Volunteer Services, Sister Clare Elton, Program Coordinator and Jeanne Gibbons, Assistant Program Coordinator of PEACE Center at Caldwell College.

## Babyland III Receives HUD Award

Babyland III Nursery, New Community Corporation and Chelsea Construction Company, a subsidiary of New Community, were selected to receive a national award by the Department of Housing and Urban Development (HUD) for services to the community.

Babyland Nursery was one of nine-

ty projects honored by HUD's National Recognition Program for Community Development Projects. The Awards were presented at the Babyland facilities on September 12, 1984 by Edward Davis, HUD Deputy Regional Administrator.

Also Cited by HUD were Mayor Kenneth A. Gibson, the Newark



Edward Davis, Assistant Deputy Director, HUD Regional Office, presents Certificate to Newark Mayor Kenneth A. Gibson.



Mary Smith makes remarks at special award ceremony in which twenty-four individuals, organizations and corporations were awarded certificates for their participation in the development of Babyland III.

Economic Development Corporation (NEDC) and the Mayor's Policy and Development Office (MPDO).

Mayor Kenneth A. Gibson presented Certificates of Participation to representatives of the New Jersey Housing and Mortgage Finance Agency (NJHMFA), the New Jersey Economic Development Authority (EDA), First National State Bank, Mutual Benefit Life Insurance Co., Prudential Insurance Co., Engelhard Industries, Victoria Foundation, Fund for New Jersey, Schumann Foundation, the Central Planning Board, the Human Rights Commission, the Engineering Department and the Minority Con-

tractors and Craftsmen Trade Association.

According to Walter Johnson, HUD Newark's Area Manager, Babyland III, funded with a \$900,000 mortgage from First National State Bank in conjunction with the Economic Development Authority, a \$200,000 Urban Development Action Grant (UDAG), \$513,000 equity from NCC and \$90,000 in private contributions, exemplifies the services which can be given to the community when there is a public and private partnership. Johnson further stated that HUD Newark has, and will continue its support of community development projects.



# AT YOUR (SOCIAL) SERVICE

by the Staff of NCC Social Services Department

## Appreciation Banquet

Volunteers of the Hayes Street Summer Program were given an Appreciation Party on September 15, 1984 at the Gardens Pavilion. Approximately seventy-five persons attended.

Subscriptions of five dollars were paid by participants to cover the cost of food, beverages and entertainment. An elaborate meal that included bar-b-que chicken, Hawaiaian ham, roast beef, candied yams, potato salad, collard greens, fresh string beans, baked beans, baked macaroni and cheese, tossed salad, a decorative sheet cake, fruit punch and other beverages, was provided in honor of the volunteers. Oldie but Goodie disco music was provided by "Louie."

Mrs. Madge Wilson, Assistant Director of Human Resources, and Mr. Joe Chaneyfield, Vice-President of the New Community Corporation Board of Directors were guest speakers.

The volunteers were honored for their successful operation of a "Summer Pilot Program" designed primarily for children ages 1-5 years. The program was developed to meet the needs of youngsters during the day who otherwise might not have had anything to do.

The program serviced forty-five children. There were fifteen volunteers involved. The volunteers reported daily for duty, Monday through Friday, and worked two split-shifts per day. This group having proved their sincerity, has provided the NCC Administration with an opportunity to explore new avenues for community growth. Further, such activities (especially during the summer), will ensure more protection for the NCC grounds and properties.

The fact that most of the volunteers were parents and concerned residents was in fact most significant. We felt this kind of effort should not go unrewarded!

## NC Manor Townhouses

NC Manor Social Club held their first affair recently at the NCC Gardens Pavilion. The event was well attended with approximately sixty persons in attendance. Refreshments were provided by club members. They served a variety of favorite dishes.

Music was performed by Mae Harper's son. She is an officer of the club. Participants were able to dance to their heart's content.

Joe Chaneyfield, Vice-President of NCC Board of Directors commented on the occasion. He stated that he was pleased to see NCC Families begin to take an interest and get involved. "I would hope that we will see a lot more of these kind of activities take place."

The officers are:

President	Barbara Perry
Vice-President	Mae Harper
Secretary	Rolando Roberts
Treasurer	Ida Collins
Chaplain	Charlotte Peterson

## NCC Forms Ensemble

Responding to the request of so many interested residents to become involved in a New Community choral group, by popular demand Social Service will attempt to initiate one.

In light of the important holidays that are coming up, the NCC community could benefit much from the development of such a group right in our own community.

We are presently recruiting interested persons. Anyone who would like to get involved, either senior or youth, should call the Social Services office immediately. Everyone is welcome and invited to join us to ensure a warm joyous holiday season.

Our first meeting will be held on Tuesday, October 23rd at 5:00 p.m. at the Gardens Pavilion, 220 Bruce Street.

## Drill Team Organized

During the Summer a group of young ladies were observed parading back and forth in rhythm in the fashion of a drill team. They appeared to have been quite good. A concerned resident inquired as to what they were doing, and she was told they were trying to organize a drill team. As a result she asked if they needed help, and when they said yes, she volunteered her services. This was the official beginning of the NCC Pinkettes.

Traci Robinson, was the concerned resident who offered to help get the drill team organized. She became the group's manager. There are presently seventeen members, ranging in age from seven thru fifteen. The motto of the team is to "Become Very Successful." They base their organization on the 3D's principal — "Desire" (to want to do something positive), "Dedication" (to be totally committed to positiveness) and "Determination" (to be certain to succeed).

The Manager, Ms. Robinson, is a professionally qualified young woman. Her personal goal is to become a registered nurse. Presently she is attending Rutgers University. She is twenty-one years old and has a daughter.

The Pinkettes are a well organized drill team. They meet every Wednesday and Friday at 6:00 p.m. They keep accurate records, pay dues and do fund raising. Their main goal at present is to raise enough money to purchase uniforms. New members are welcomed.

NCC Social Service is providing technical assistance and training to the team. If you would like more information or may be interested in joining, call Ms. Virginia Scott at NCC Social Services 623-6114.

## Slimnastics to Resume

The New Community Slimnastic Classes were so good last year they are now being resumed under the guidance of Sheila Washington. Classes will be held at NC Family Gardens Pavilion located at 220 Bruce St. beginning on Thursday, October 4, 1984, from 6:00 p.m. to 7:00 p.m. There will be a small fee.

For further information please call Sheila Washington at 623-6114.

## Ceramics Class Resumes

Beginning Tuesday, October 9th the rebirth of the ceramics classes will take shape. The beauty of ceramics is the ability to be creative with a piece of greenware, designed by each individually. The shelves will have items available for sale, to be worked on and fired at a moderate fee.

Classes will be run regularly under the supervision of Joyce Holmes of Social Services with help of Mrs. Ethel Clark and Thelma Polite of 545 Orange Street.

### Locations

- |                                                                          |          |
|--------------------------------------------------------------------------|----------|
| (1) 545 Orange St.<br>(includes 1 So. 8th St. and 15 Hill St.)           | Tuesday  |
| (2) 180 So. Orange Ave.<br>(includes 265 Morris and 140 So. Orange Ave.) | Thursday |

### Time

3-5 p.m.

Transportation will be provided for senior residents.

Classes begin Tuesday, October 9th at 545 Orange St. and Thursday, October 11th at 180 So. Orange Ave.

Fees: Purchase price for item selected. Cost of firing is half price of item per firing.

For more information contact Joyce Holmes at 481-7773.

## NCC Homemaker Services

As was announced in the September issue of the Clarion, beginning in October, NCC will be taking over the homemaker services that are presently being provided to NCC residents through Essex County Welfare.

For those residents who are now receiving homemaker service, there should be no interruption of this service. What it should provide to these clients is a closer supervision and monitoring of the care that they are receiving, in order to insure that they received a service of the highest standard.

If anyone is presently receiving homemaker service through Essex County Welfare, or would like to receive this service, please call Sister Anastasia at 623-6114 for additional information.



Arts and Crafts club at New Community Commons Senior proudly display work done by members.

### WANTED

**Who:** Persons interested in the well being of the youth of New Community.

**Why:** To volunteer to tutor children for 2nd through 12th grade.

**When:** A few hours each week.

**How:** Call NCC Social Service at 623-6114.

This is one way in which you can show that you are "Proud to be a Part of NCC."

### Babyland Nursery



Day Care Center in Newark  
24 Hours 7 Days

Ages 2½ Months to 5 Years

Flexible Drop-in Child Care  
Available For:

- Shopping
- Doctor's Appointment
- Domestic Emergencies
- Adult Education
- (3 Hours Minimum)

Ages 2½ Months to 12 Years

**CERTIFIED TEACHING STAFF  
HOT MEALS AND SNACKS  
FOR INFORMATION - 375-3143**



## NCC Family Activity Calendar

October

- |                                                          |                  |
|----------------------------------------------------------|------------------|
| 4th Slimnastics                                          | 6-7 p.m.         |
| 11th Gardens Pavilion                                    |                  |
| 18th every Thursday                                      |                  |
| 25th                                                     |                  |
| 10th Speaker from                                        | 6:00 p.m.        |
| N.J. Bell                                                |                  |
| 225 Hunterdon St.                                        |                  |
| 20th Floor Captains' Meeting                             | 4:00 p.m.        |
| 72 Hayes Street                                          |                  |
| 11th Mini Zoo Visits                                     | 1:00 p.m.        |
| NCC                                                      |                  |
| 72 Hayes Street                                          |                  |
| Free by Newark Museum                                    |                  |
| 12th NCC Pinkettes Bake Sale                             | 2-6 p.m.         |
| (Drill team benefit)                                     |                  |
| 15th 72 Club monthly meeting                             | 6:30 p.m.        |
| Midrise Residents                                        |                  |
| (72 Hayes Street)                                        |                  |
| 19th Get Together Night                                  | 8:30 p.m. until? |
| 22nd NC Homes Floor Captains                             | 6:00 p.m.        |
| Babyland III                                             |                  |
| 23rd Recruitment meeting for Christmas show participants | 5:00 p.m.        |
| Gardens Pavilion                                         |                  |
| 29th Manor Social Club Meeting For Townhouses at         | 6:30 p.m.        |
| 72 Hayes Street                                          |                  |

## Commons Families

Reminder that the tenant meeting will be Wednesday, October 10, 1984 at 6:30 p.m. at NC Commons Pavilion. Halloween Candy Treats will be given out to the children, by the officers of the NC Commons Tenants Association.

Elections for new officers will be in December. Positions to be filled are: President, Vice President, Treasurer, Secretary.

Nominations will be in November. See you there!!!

Roberta Singletary

## Home Nursing Course Starts

This course is designed to prepare our students with the basic knowledge and skills needed to properly care for someone who is ill in the home. Classes will include lectures, demonstrations and practical work. Preventive health is stressed.

Course length will take approximately 20 class hours to complete. The American Red Cross Family Health and Home Nursing Certificate will be issued to persons successfully completing all course requirements.

Sister Anastasia

## New Community Associates

On August 10th a group of seniors boarded a bus for Long Branch, N.J. The morning seemed to threaten rain, but happily the day cleared and it became a real fun day.

Some seniors played ski-ball, pokeena and other games, while others ate and enjoyed the ocean breeze.

There was also a full bus load on September 8th going to Lakewood, N.J. The participants were looking forward to a day of eating good food, enjoying entertainment and visiting a flea market — where a little bit of everything was waiting to be bought. From what was expressed, no one was disappointed.

Both trips were sponsored by the Senior Citizen Organization.

My how time does fly. The time is just about here again for another Birthday Party given by the Senior Citizen Organization. September

28th is the date. No doubt everyone that has had a birthday in July, August or September is looking forward to having a good time.

### Inspirational Chorus

The Inspirational Chorus has been busy fulfilling invitations from different churches. We appreciate these invitations and Mother Lawrence our pianist thinking of us as she visits other churches, and we are looking forward to our fellow churches visiting us on our anniversary.

### Tenant Association Formed

At last we have a Tenant Association, thanks to Madge Wilson, New Community's Assistant Director of Human Resources, who supervised the election of officers. They are: President, Doris Crenshaw; Vice-President, Ellen Watson; Treasurer, Bertha Whatley; Chaplain, Marie Carson; and Secretary, Phyllis Burton.



New Community Associates' newly elected Tenant Association officers are: standing left to right: Ellen Watson, Vice-President, Marie Carlson, Chaplain, Bertha Whatley, Treasurer, seated left to right, Doris Crenshaw, President, and Phyllis Burton, Secretary.

## Newark Public Library Launches Fall Foreign Film Series

Fresh-off its highly successful Spring Foreign Film Festival, the Newark Public Library will sponsor a Fall, 1984 Foreign Film Series with some outstanding imports plus a United States-made documentary about the American involvement in the Spanish Civil War.

"We are pleased to be bringing our fourth consecutive Foreign Film Festival to the public free of charge," said Thomas Alrutz, Library Director.

The series is as follows:

Saturday, Oct. 13 - 2:00 p.m. CRIA (Spanish - 1977).

Wednesday, Oct. 24 - 6:00 p.m. GOLD OF NAPLES (Italian - 1955).

Wednesday, Nov. 7 - 6:30 p.m. KNIFE IN THE WATER (Polish - 1962).

Wednesday, Nov. 21 - 6:30 p.m. THE MAGICIAN (Swedish - 1958).

Saturday, Dec. 8 - 2:00 p.m. THE GOOD FIGHT (U.S.A. - 1983).

All films are shown in the Library auditorium, 4th floor. All films not in English, have English subtitles and are offered to the general public FREE of charge.

For more information, call the Library at (201) 733-7800.

## NC Homes and Manor Mid-Rise Get Floor Captains

During the month of September both NC Homes and NC Manor Mid-Rise (225) organized floor captains for their respective buildings. For Homes this marks the revitalization of resident involvement. For Manor Mid-Rise this is a new beginning in the organizing of their building.

Both tenant groups have expressed a desire to form a social club and to have activities.

Persons appointed as floor captains are:

**NCC Homes;** Rosalie Frazier, Ann Frierson, Rose Doctor, Antha Reed, Doris Knox, Cindie Lenard, Margaret Wise and Bonnie Fuller.

**NCC Manor Mid-Rise;** Cynthia Brownridge, Fleming Little, Barbara Scott, Joyce Smith, Patricia Murphy, Aileen Hancock, Annette McDuffie, Tasha Carter, Laura Barnes, Beverly Jackson and Emma Outlaw.

Both groups will meet monthly and plan more effective ways of fulfilling their responsibilities.


## Surplus Food Distribution

On Tuesday, September 18th, NCC distributed more than 3½ tons of USDA powdered milk as part of the most recent food surplus distribution.

With this most recent distribution, the total amount of milk, butter and cheese that has been distributed by NCC over the past year comes to 22 tons.

This achievement could never have been accomplished were it not for the enormous amount of cooperation and work that has been provided by the volunteer residents and floor captains who made the distribution a "piece of cake."

Many thanks also to the staffs of the Maintenance and Social Services Departments.



### Costume Masquerade Party

Sponsored By  
Central Maintenance -  
All Purpose Club  
Presents  
Oldies But Goodies  
D.J. and Entertainment

Saturday, October 27th, 1984  
9:00 p.m. until?  
at

St. Rose of Lima Auditorium  
Orange & Gray Streets  
Newark, N.J.

Ticket in advance - \$5.00  
At the Door - \$6.00

For Information Call  
Linda at 485-6246



## The Douglas

The lovely garden and picnic area behind NC Douglas provides much enjoyment for residents as they sit in the sun and exchange family news. Members of the Douglas Garden Club have one of the most beautiful gardens in Newark and enjoy the fruits of their labors at a dinner when the crop is ready. The area is a serene oasis right in downtown Newark and a joy to behold.



Ethel Mayes, President of the Garden Club at New Community Douglas, admires the clubs handiwork.

**Be A Babyland Supporter**  
**50/50 CASH RAFFLE**  
 (Winner gets half of Proceeds)

Sponsored by: **BABYLAND NURSERY, INC.**

For the benefit of "OUR CHILDREN"

Drawing: November 17, 1984 - 3:00 p.m.  
 Babyland III  
 200 South Orange Avenue  
 Newark, New Jersey

(Winner need not be present)

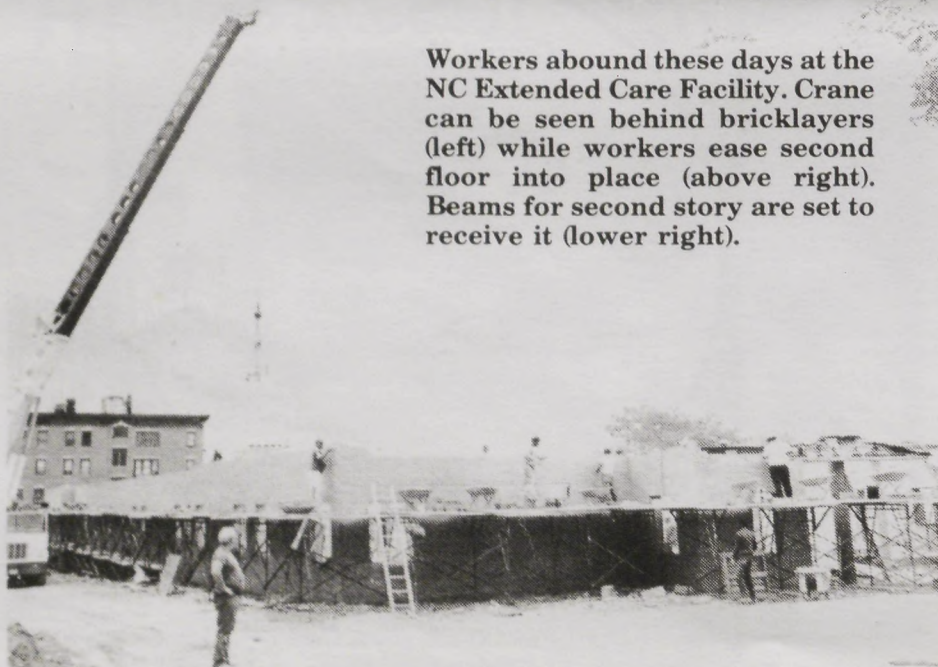
RL No.: 9224

Donation \$1.00

Raffle Tickets are Available at  
 All Babyland Centers  
 or call 375-3143

## We're On The Rise!

Workers abound these days at the NC Extended Care Facility. Crane can be seen behind bricklayers (left) while workers ease second floor into place (above right). Beams for second story are set to receive it (lower right).



## Nineteen Years of Togetherness

October 20th 1984, marked the 19th anniversary of the "Roseville Senior Citizens Club." The club was originated by Monsignor Aloysius Carney of St. Rose of Lima, as a way of bringing senior members of the community together for relaxation, trips and various social affairs. The Director of the club is Mr. Louis De Groat who, as he puts it, has "decided to devote my life to the success of the club." The members expressed a heartfelt need for the club and look forward to Lou and his thoughtful devotion.

The Club has many faithful members who volunteer their time to prepare meals, set up for meetings and various other duties. Many members are also residents of New Community; Mary Koles of 1 So. 8th St.; Ethel Clark, Willie Quittley, Margaret Phillips, Rose Wilson of 545



Louis DeGroat, Director of Roseville Senior Citizen's Club with Msgr. Aloysius Carney.

Orange St., to name only a few.

We wish the club continued growth and success for the coming years.

For those interested, club meetings are held every 3rd Thursday of the month at NC Manor, 545 Orange Street, Newark.

## SUBURBAN BATTERED WOMEN HOTLINE

Located at Caldwell College

Sponsored by Babyland Nursery, Inc.

Program to End Abuse in the County of Essex

**FOR HELP CALL 226-6166**

Counseling and Referrals Available





## TIPS ON HEALTH:

Everyone knows that having babies is a natural process but what everyone does not know is that healthy babies do not come naturally. If a woman wants a healthy baby, she has to have good prenatal care. Ideally, it should start even before conception; after all, an unwanted pregnancy has two strikes against it. But that is another topic altogether. So back to prenatal care.

1. See the doctor as soon as you think you are pregnant. Then do what the doctor tells you to do.

2. Do not drink alcoholic beverages. Alcohol goes straight from your stomach to your blood, through the placenta and to your baby. There, it can do a lot of damage, such as organ malformations, learning disabilities and mental retardation. It is now known that alcohol is the most potent of all the addictive substances in causing major birth defects. And because of its availability, it is the most common cause. Even as little as two drinks a day places a great risk on the baby. So it is better to stay away from it at all periods of your pregnancy.

3. Do not smoke and **avoid smokers**. Close to 5000 deaths a year in this country are attributed to smoking. It is believed that this is caused either by carbon monoxide poisoning or deprivation of oxygen because smoke reduces blood flow to the placenta.

4. Do not take any medicine unless prescribed by the doctor. Most drugs cross the placental barrier and don't forget that it takes but a very minimal dose to affect the unborn child. One drug needs mentioning here, **accutane**, used for the treatment of acne, which is not an uncommon problem among teenagers. If you have been using **accutane** and then find yourself pregnant even **after** you have stopped using the drug, discuss this immediately with your doctor. Accutane is known to cause major birth defects, not unlike those caused

## Prenatal Care — The What and Why of It



Soledad Alston  
R.N.

Pediatric  
Nurse  
Practitioner

by rubella. That brings in the next point.

5. See your doctor any time you get a fever. First of all, the doctor will want to eliminate the question of rubella. The devastating effects of rubella should be well known to all by now. Incidentally, the rubella vaccine should not be withheld from a child whose mother is pregnant as there is no risk of a vaccinated child giving the disease to anyone. On the contrary, if a child goes unvaccinated, that child could possibly contract rubella, thereby exposing the pregnant mother to a greater risk.

6. Last but not least, eat properly. It is amazing to note how a mother could be so concerned if her baby does not finish even one bottle. Yet it does not occur to a pregnant woman that she is actually starving her unborn baby by not eating properly. Your daily diet should consist of the following: (a) 3-4 8 oz. glasses of milk. If you cannot tolerate milk, tell your doctor so you can be given calcium preparations. (b) 3 servings of whole grain cereals or enriched bread, (c) 3 servings of meat or equivalent, (d) 4 servings of fruit and vegetables (2 of which should be green or yellow). **Too much weight gain is almost always due to junk foods.**

There is no guarantee that if a woman did all these things, nothing could go wrong. But the odds are most certainly in her favor. Where good health care is available and food is abundant, there really is no excuse for a woman not to have the necessary prenatal care.



## BABY YOUR BABY

## Family Practitioner Joins NCC Health Care Center

Bruce Greene, M.D. is now seeing patients in his hours for family practice at NCC Health Care Center. Hours are Tuesday from 9-12 noon and Friday from 1-4 p.m.

Dr. Greene is a 1973 graduate of Bergen Catholic High School and went on to Yale University for his pre-med training. Upon graduation from Yale in 1977, Dr. Greene attend-

ed Rutgers Medical School until finishing studies there in 1981.

His general surgery residency program was completed at the University of Medicine and Dentistry here in Newark.

He is presently Clinical Instructor at the University of Medicine and Dentistry, Newark, N.J.

## ATTENTION ALL TENANTS

NCC Health Care Center

**623-2480**

Transportation to NCC Health Care Center will be provided for your convenience.

## FOOT FACTS:

*The cardinal rule of professional health care is DIAGNOSIS before treatment. Your podiatrist often requests a group of foot x-rays to insure a complete understanding of your foot problem.*

### Important Aid in Diagnosis

Each foot is made up of 26 bones — one-fourth of ALL the body bones are in your two feet! Almost any disease or condition that might affect the bony system elsewhere can also occur in the foot. Other structures such as tendons, ligaments, blood vessels, etc., must also be considered. These, plus the severe mechanical strain of locomotion affect the various foot structures. In order to find the basic cause of many foot complaints, an x-ray study may be necessary in addition to the clinical examination.

### Foot Injuries and X-ray

There is not such a thing as "a minor foot injury." Many times if bones are not broken they are "cracked" or "chipped" from seemingly minor accidents. A sprained ankle is not properly treated by an inexpensive ankle support. An x-ray may reveal if the structures supporting the joint have been torn allowing the bones to separate or slip out of place. By knowing immediately, your podiatrist can treat effectively and limit the pain and swelling that could sometimes last for months.

### The Child and Foot X-ray

Fortunately today we see very little under-development of bone in children. When a clinical evaluation suggests this problem, x-ray studies should be made. The bones of the feet are not completely ossified (formed) until 18-20 years of age. Night leg cramps, pigeon toes, knockknees, frequent falling and sprained ankles, rolling to the inner or outer side of the foot or shoes and many other signs may be due to a mechanically faulty child's foot. Promiscuous use of "arch supports" or "orthopedic shoes" may delay correct diagnosis and proper care. When indicated from the findings, x-ray films should be studied and

## The Role of Foot X-Rays



Dr. Kenneth  
Frank

Podiatrist

then the proper treatment instituted.

### Bony Growths of the Foot

Hidden by the shoe are a horde of "humps" and "bumps" of the feet. The most obvious and deforming is a bunion. All heel complaints should have the benefit of x-ray studies as this is the only method to prove the presence or absence of spur formations. Growths under the nails are also common. Sometimes nature has formed accessory (extra) bones which become painful from irritation. Following a clinical diagnosis, x-ray confirmation may be necessary for effective treatment of these and many other foot conditions.

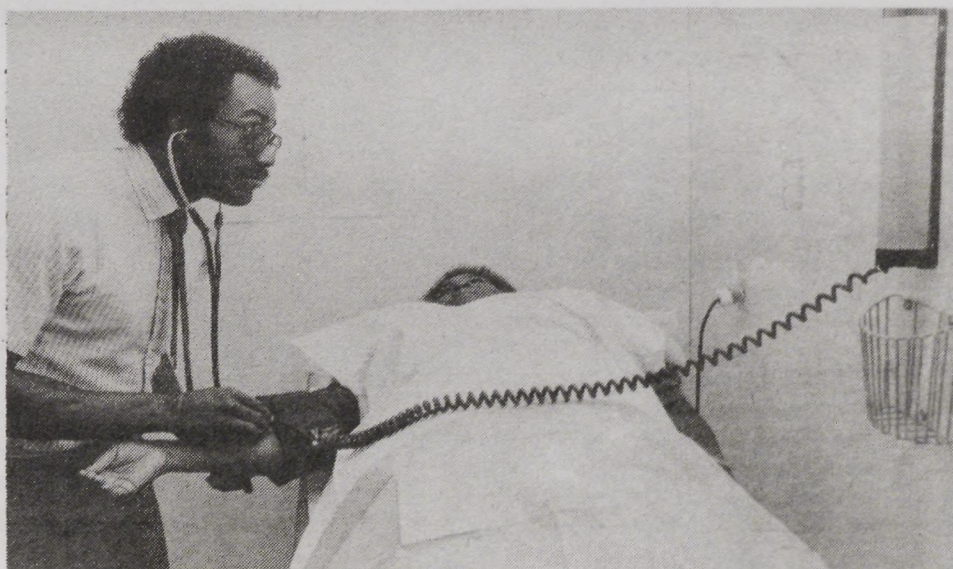
### Arthritis and X-ray

No other test is as important as x-ray to either "rule out" or determine the kind of arthritis present. There are two major types of arthritis. Nowhere in the body is as much "wear and tear" (osteo) arthritis seen as in the joints of the feet. The "crippler" (rheumatoid) is most often seen in the toes and fingers first. Complete x-ray studies by the podiatrist are necessary for most patients complaining of painful feet.

### Foot Surgery and X-ray

Your podiatrist may find surgery to be the solution for your foot problem. Bone abnormalities and such conditions as cysts, masses such as tumors, sinuses, shortened tendons causing hammer toes, etc., all need the benefit of x-ray prior to the corrective procedure.

*By training your podiatrist is qualified to interpret foot x-rays. In addition he is aware of the precautions to be taken to protect you from the undesirable aspects of radiation.*



Dr. Bruce Greene, new family practitioner at the NCC Health Care Center checks patient's blood pressure.



## Remember The Baker

Many years ago in England, a baker was brought into court, charged, tried, found guilty and sentenced to death. After the execution, the real culprit was disclosed. An innocent man had been convicted and executed on false testimony. After that unfortunate happening, at the opening of the court hearing on a criminal case, (reminding witnesses and jurors to be careful of what they say and how they judge, for it was inaccurate and untrue things said about a man that caused him to be unjustly killed), the court bailiff would cry out: "remember the baker, remember the baker!"

Although falsity may be expressed, falsity may also be implied. Don't falsely accuse a person as he may not be guilty of the accusation. Examine all facts and evidence carefully.

One must be very careful how a person's name is treated. To say something untrue about a person may tarnish that person's reputation and affect how he is regarded and treated in the community, on his job, and by his family. Probably no one is more guilty of gossiping and spreading false information about a person than that person's acquaintance or friend. Possibly nothing breaks up a friendship more frequently than one friend 'talking' about another to you. Even church members talk about other church members. Sometimes this causes a split in the church, and one faction leaves to start another church.

History and literature abound with admonitions pertaining to the discipline of the tongue. An English proverb has it that "there is no venom to that of the tongue." A Scottish proverb states "it is a good tongue that says no ill...", while the African

testifies that "better the foot slip than the tongue." Socrates, the Greek philosopher observes: "nature has given us two ears, two eyes, and but one tongue; to the end we should hear and see more than we speak."

Once unkind and untrue words have been spoken, it is impossible to snatch them back. The words have already hit their target. The recipient, hurt, will long remember them and react to them. Relatives have been known to lose all contact with one another. Family members have stopped talking to each other for years, and even unto death. One never knows the harm that can be done by the utterance of bitter and false words about another human being. Jealousy is occasionally a motive for lying about an envied person. The idea being to demean or debase the envied person, and elevate the accuser.

Everyone wants to have good things said about him; everyone wants a good name, and it is important to most people to have a good name. Proverbs 22:01 states "a good name is rather to be chosen than great riches, and loving favour rather than silver and gold."

So important was this problem of injustice involved in the maligning of a person, that notice was taken of it in the Beattitudes... "blessed are ye, when men shall revile you, and shall say all manner of evil against you falsely, for my sake." Instruction on the discipline of the tongue is enjoined in the ninth commandment, "thou shalt not bear false witness against thy neighbor."

Lewis Graves  
Springfield Branch  
Newark Public Library

## NJ Transit Gives Seniors a Lift

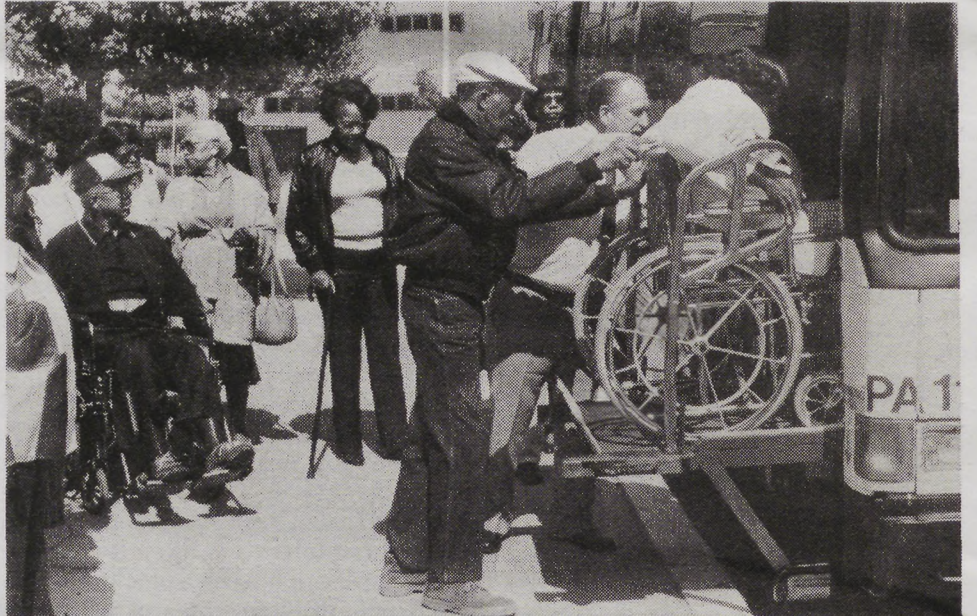
On Tuesday, September 18th, New Jersey Transit, through its "Project Access" offered a demonstration to the residents of New Community. The purpose of the presentation was to demonstrate how the newest wheelchair-lift buses operate. A number of the residents who are confined to wheelchairs made use of the lift. They were greatly impressed with the new devices.

In addition, the presentation also included a demonstration of the "kneeling bus" aspect of the buses. This feature allows the front end of the bus to lower to enable people who cannot easily step up onto the bus to have easy access to the vehicle.

Following the demonstration, there was a question and answer period in the community room of NC Commons. Representatives from Project Access, including Coordinator Cathy Wolfe and representatives Steve Lax and Pete Donner, explained the services of New Jersey Transit and answered questions about the availability of wheelchair-lift buses.

For additional information regarding these services one may call the toll free number (800) 772-2222 from 6 a.m. to midnight.

The next demonstration of the wheelchair bus will take place on Wednesday, October 10th at 1 PM at NC Manor, 545 Orange Street.



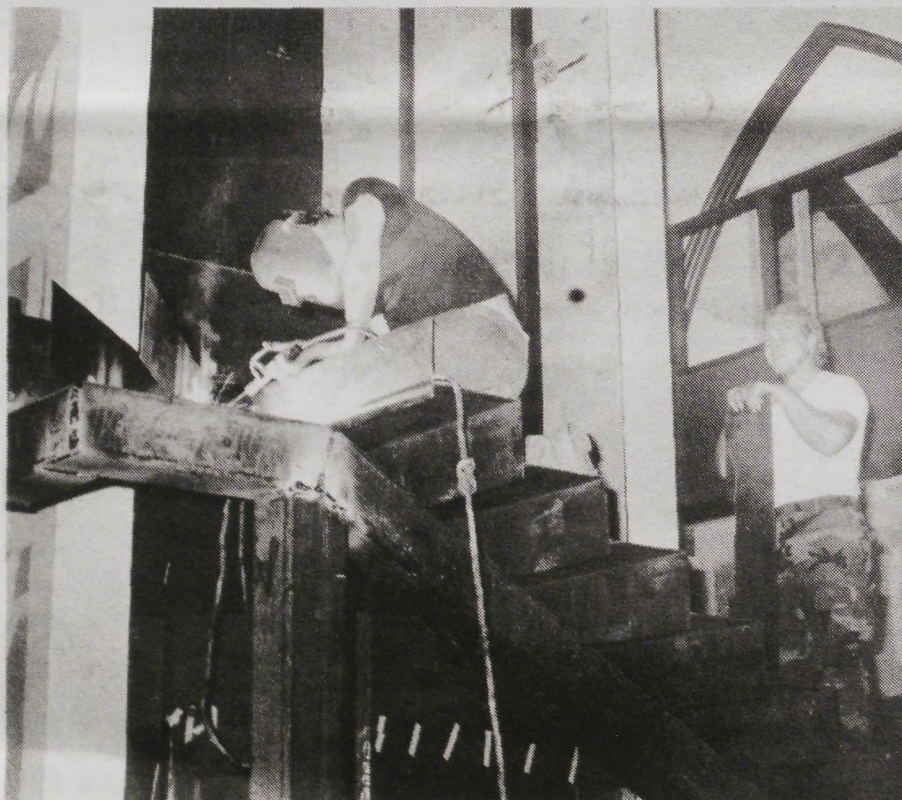
Mr. Moses Young helps Mrs. Janice Young aboard as Steve Lax of N.J. Transit explains lift mechanism (above). Howard Hardy is shown how his wheelchair is secured, by friend Daniel Williamson as Transit official looks on.



## St. Joseph Plaza Nears Completion



Tile setter (above) puts finishing touches on foyer of new St. Joseph Plaza, while welders work on main staircase in atrium (right). The plaza, located on West Market Street will include United Hospitals medical offices and a first class restaurant as well as a health spa.



## Seton Hall Prep Claims Babyland Graduate

One of the graduates of the first Babyland class in 1973, Eugene Thomas Ransome, was recently accepted at Seton Hall Preparatory School in South Orange, New Jersey.

Mrs. Georgia Ransome, mother of Eugene was working at New Jersey Bell to support her family while Eugene was in Babyland.

Obviously Babyland got Eugene off to a good start, since he has continued to be an "A" student. He is now in the accelerated algebra program at Seton Hall and also plays football.

We will enjoy following his progress and that of other early "Babylanders" in the future.